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|  | **Chapter 6: Muscles** |
|  | 1. **OVERVIEW OF MUSCLES** |
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|  | 1. Skeletal Muscle |
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|  | 1. Smooth Muscle |
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|  | 1. Cardiac Muscle |
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|  | * Muscle Functions |
|  | 1. Producing Movement |
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|  | 1. Maintaining Posture |
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|  | 1. Stabilizing Joints |
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|  | 1. Generating Heat |
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|  | 1. **MICROSCOPIC ANATOMY OF MUSCLE** |
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|  | 1. **SKELETAL MUSCLE ACTIVITY** |
|  | * Stimulation and Contraction |
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|  | 1. Nerve Stimulus & Action Potential |
|  | * Motor Unit |
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|  | * Neuromuscular Junction |
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|  | 1. Excitation-Contraction Coupling |
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|  | * Cross Bridge Attachment |
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|  | * Power Stroke |
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|  | * Cross Bridge Detachment |
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|  | * Role of Ca2+ in Contraction |
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|  | 1. **CONTRACTION OF THE WHOLE MUSCLE** |
|  | * Graded Responses |
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|  | 1. Muscle Response to Increasingly Rapid Stimulation |
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|  | 1. Muscle Response to Stronger Stimuli |
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|  | * Energy for Contraction |
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|  | 1. Phosphorylation of ADP by Creatine Phosphate |
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|  | * Fatigue and O2 Debt |
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|  | * Types of Contractions |
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|  | 1. **MUSCLE MOVEMENTS, TYPES, & NAMES** |
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